



Bringing up Great Kids Parenting After Family Violence: A Guide for Parents

Developed by the Australian Childhood Foundation, Bringing up Great Kids Parenting After Family Violence is a nurturing, empowering and kind program for mothers/ female-identifying caregivers who have experienced domestic abuse, violence, or disrespect in past relationships.

What is Parenting After Family Violence?

This program has been created by the Australian Childhood Foundation (ACF), a national not for profit organisation at the forefront of therapeutic intervention for traumatised children and their families. ACF first developed Bringing up Great Kids as a program for all parents interested in learning about neurobiology of child development and attachment. In response to demand for more specific support for mothers and female caregivers with a history of family violence, the ACF has adapted Bringing up Great Kids to meet these specific needs with this new service offering.

What will you learn in this program?

Parenting After Family Violence can help you to:

- Understand how family violence affects parents' relationships with children.
- Learn more about brain development in children and how this influences their thoughts, feelings, and behaviour.
- Understand the meaning behind behaviours, and how to respond to children's underlying feelings and needs.
- Learn about your parenting wisdom, strength, and courage.

- Connect with others who understand your experience.

How is this program delivered?

Parenting After Family Violence is a group for up to 8 parents and is offered in person at one of our venues in the Penrith.

Two qualified and accredited female workers facilitate this program.

Both custodial and non-custodial parents are welcome to attend this group.

Group sessions are 2 hours in length and run weekly over 7-8 weeks.

Programs take place during school hours between pick up and drop off times for your convenience.

In-person programs include child minding upon request.

The whole course and all associated learning materials are provided free of cost.

How can you join a Parenting After Family Violence program?

To join our next Parenting after Family Violence group, contact our Parenting Facilitator Monica for more information by calling 0437 699 019 or emailing parenting@nepeancommunity.org.au